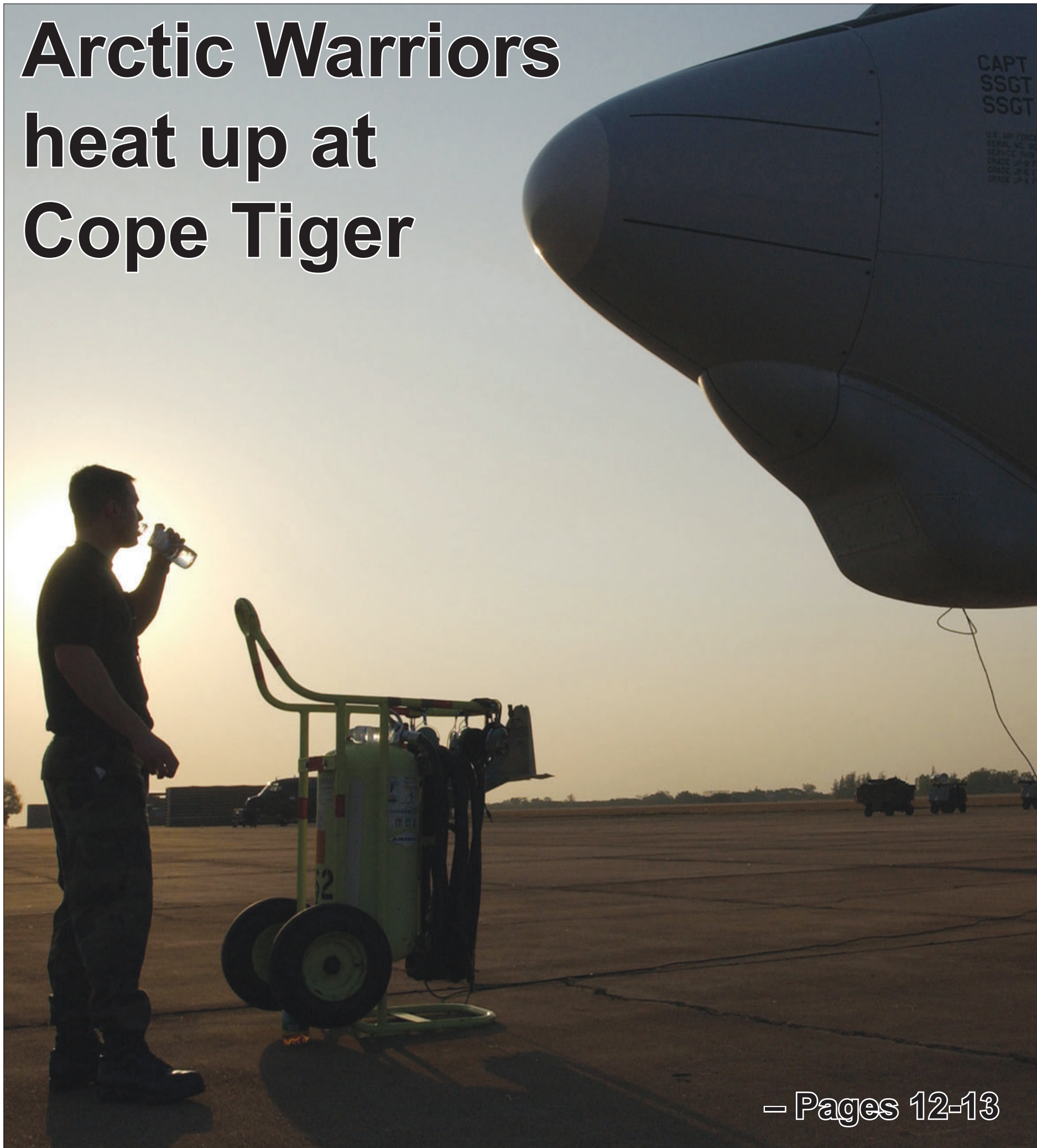


Arctic Warriors heat up at Cope Tiger



– Pages 12-13

PHOTO BY TECH. SGT. KEITH BROWN



Security forces to focus on warfighting mission
– Page 2



12th FS and 90th FS fly, fight, win at Red Flag
– Page 3



3rd DS encourages dental health for children
– Page 9

Commander offers UCI thoughts
– Page 2

Uniform Board implements changes
– Page 5

UCI begins Monday, wing ready

By Brig. Gen. Hawk Carlisle
3rd Wing commander

The long awaited week is almost upon us ... for months we’ve been preparing for the Pacific Air Forces Unit Compliance Inspection and on Monday it’s game day.

Throughout the weekend the 150-plus members of the PACAF Inspector General’s team will arrive at Elmendorf and make final preparations for the inspection that officially begins Monday morning and goes on through Feb. 17.

The UCI is the culmination of a lot of hard work and I know we are ready for this inspection. I’m very proud of each member of the wing for your hard work and diligence in preparing for the inspection. In the past few months we’ve put ourselves through the paces to get ready; run our Mission Performance Checklists, re-run them, and reviewed everything again and again. While it has been taxing and challenging, we are prepared. And I recognize that it has not been easy.

For example, we’ve had more than 600 people deployed during Air Expeditionary Force 7/8 deployment who have just returned from their tours

of duty. They were deployed during a lot of our recent preparation work, and they are pushing hard to be up-to-speed for the inspectors.

And, once again, Arctic Warriors are leading the way for the rest of the Air Force.

We’re the first wing to be inspected under the new Air Force Incident Management System and I’ve watched with excitement as the wing worked the transition from our former Disaster Control Group to AFIMS. It’s been a fast transition with more exercises than normal, but they’ve paid off as we’ve honed our skills at responding to the full spectrum of potential threats.

Now it’s time to take that last step and show the inspectors just how good we are. During the next week they will look through our work areas and will dig to see exactly how we accomplish our mission. I ask each of you to put forth another week of focused effort on this inspection to show the inspectors why Arctic Warriors are constantly singled out as the command’s, and the Air Force’s, best.

The old saying that “You don’t have a second chance to make a good first impression” holds true for inspections as well. It’s important for each of us to be courteous and have a positive, winning at-

titude when our inspectors arrive. It sets a positive tone for the visit and gives you a good working relationship to build on for a successful inspection.

As with everything you do, be honest with the inspectors. I know that’s a basic, simple tenant of our integrity and goes without saying, but it’s always good to have a reminder. If there’s a problem area, identify it and tell the inspector what you’re doing to resolve the problem. Remember, the best inspection is an honest inspection and that’s exactly what I expect out of each person in the wing.

Finally, concentrate on doing your jobs the way you do every day – with excellence, diligence and excitement.

I know this wing and you, the men and women who make it what it is, will be successful. Showing the inspectors what we do and how we do it every day of the year will end with a great result.

I’m excited because there is no one better in the Pacific than an Arctic Warrior and this is our chance to prove it to the rest of the command.

Keep focused, work hard and take care of each other both on and off duty. Then, at the outbrief on Feb. 22 at Hangar 1, we’ll all celebrate the results together.

Security forces to focus on wartime mission

By Senior Airman
J.G. Buzanowski
Air Force Print News

As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a “refocus” on how his people train and fight.

“We’re not in the Cold War anymore; we have to alter our mentality and our practices for today’s reality,” the general said. “Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective.”

Essentially security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

“Our Airmen are going ‘outside the wire’ to conduct missions and are proving successful in keeping people safe,” Gen. Holmes said. “Not only

for the folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror.”

Security forces Airmen must learn counter-insurgency techniques and in doing so, they’ll operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air & space operations.

“We need to be prepared for a full-spectrum of threats against an airfield,” General Seip said. “That means taking more responsibility for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we’re working closely with the Army to identify additional ways to train our Airmen.”

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties, like entry control, at home stations. Plans call for more DoD civilians, greater affiliation with Guard and Reserve and better use of technologies, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airmen to participate in installation security. While that doesn’t necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean

more comprehensive training, awareness and capability to respond and participate, he said.

“Will every Airman be a cop? No. But every Airman will be a warrior,” General Holmes said. “Every Airman needs to be trained in basic force protection skills and must be prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a weapon. We want Airmen to be comfortable with their duty weapon and to develop their shooting skills.”

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

“Right now our folks are going out for 179-day rotations,” he said. “Our Airmen need time to reconstitute and train, so it’s important to get them in line with the rest of the Air Force. We aim to do just that.”

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

“We want to make our Airmen more proficient, and to do that, we need to adapt,” Gen. Holmes said. “We’re going to change our training, our tactics and our procedures and the Air Force will be better for it.”



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done?

The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@
elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:
Col. Mike Hass, 3rd CES/CC
552-3007
Lt. Col. Mark Allen, 3rd SVS/CC
552-2468
Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304

Sourdough Sentinel

Editorial Staff

Brig. Gen. Hawk Carlisle

3rd Wing Commander

Lt. Col. Michael T. Halbig

Chief, Public Affairs

Staff Sgt. Francesca Popp

NCOIC, Internal Information

Senior Airman Jared Marquis

Editor

Senior Airman Garrett Hothan

Photographer

The *Sourdough Sentinel* is published by Anchorage Publishing, Inc., Anchorage, Alaska, a private firm in no way connected with the U.S. Air Force, under exclusive contract with the 3rd Wing.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services.

Contents of the *Sourdough Sentinel* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force, or Anchorage Publishing, Inc., of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, age, religion, national origin, political affiliation, marital status, sex, physical handicap, or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the 3rd Wing, Elmendorf AFB, Alaska. All photos in the *Sourdough Sentinel* are official U.S. Air Force photos, unless otherwise noted. The Services Eaglet is a supplement to the *Sourdough Sentinel* and is provided by the 3rd Services Squadron.

The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: sourdough.sentinel@elmendorf.af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

3rd Wing Moment in History

Feb. 11, 1935:

Gen. Billy Mitchell, in testimony before the House Military Affairs Committee supporting an Alaskan airbase, stated that Alaska “is the most strategic place in the world.”

Arctic Warriors receive Article 15s, discharges

Article 15s:
An airman with the 3rd Communications Squadron received a vacation action for failing his dorm room inspection. A vacation action imposes a suspended punishment that had been adjudged by a previous Article 15.
In this case, his punishment consisted of forfeiture of \$200 pay for two months.

An airman with the 3rd Civil Engineer Squadron disrespected two NCOs and failed to obey a lawful order.
His punishment was a reduction to airman basic, 45 days suspended extra duty and a reprimand.

An airman first class with the 703rd Aircraft Maintenance Squadron misused her government travel card and failed to pay a \$274 debt from a personal credit card.
Her punishment was a suspended reduction to airman and a reprimand.

A senior airman with the 3rd

Component Maintenance Squadron misused his government travel card.
His punishment was a reduction to airman first class, suspended forfeiture of \$394 pay, 14 days extra duty and a reprimand.

A married staff sergeant with the 381st Intelligence Squadron had an affair with a married woman.
He received a suspended reduction to senior airman, forfeiture of \$500 pay for two months, restriction to the limits of Elmendorf for 30 days, 30 days extra duty and a reprimand.

An airman first class with the 3rd Services Squadron received a vaca-

tion action for providing alcohol to a minor.
His punishment was a reduction to airman.

An airman basic with the 3rd SVS possessed marijuana.
His punishment was a reduction to airman, forfeiture of \$636 pay for two months with one month suspended and a reprimand.

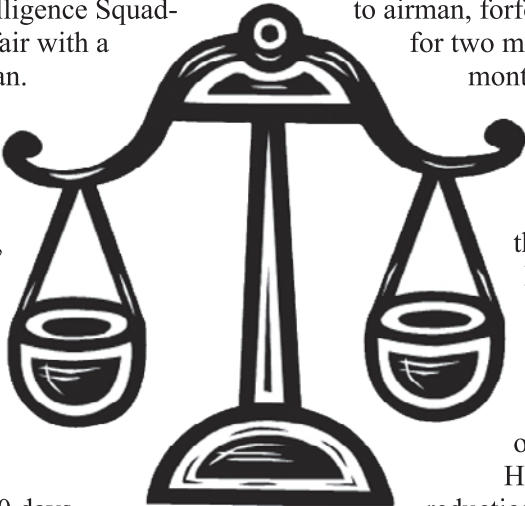
An airman first class with the 3rd Equipment Maintenance Squadron received a vacation action for failing to obey a lawful order.
His punishment was reduction to airman.

A master sergeant with the 611th CES failed to go to work.
His punishment was a suspended reduction to technical sergeant, for-

feiture of \$100 pay for two months.
An airman first class with the 3rd Logistics Readiness Squadron failed to go to work on time.
His punishment was a suspended reduction to airman, restriction to the limits of Elmendorf for 30 days, 14 days extra duty and a reprimand.

A senior airman with the 3rd Aircraft Maintenance Squadron received a vacation action for being Absent Without Leave for seven days and for making a false official statement.
In this case, his punishment was reduction to airman first class.

Discharge:
An airman first class with the 3rd EMS was administratively discharged for disciplinary infractions.
The member's misconduct included one Article 15, four Letters of Reprimand and two Letters of Counseling for failing to maintain dormitory living standards.
The member's misconduct resulted in his general discharge.



Arctic Warriors fly high at Red Flag



PHOTO BY AIRMAN NADINE BARCLAY

Clockwise from right: Capt. Brian Budde, 12th Fighter Squadron, performs a preflight check on Feb. 2, during the Red Flag 06-1 exercise at Nellis Air Force Base, Nev. Members of the 12th FS recently returned from Nellis. The 90th FS will remain in Nevada for the remainder of Red Flag 06-1. Senior Airman Joel Landford, 12th Aircraft Maintenance Unit, launches an F-15 Eagle during the exercise. Red Flag tests aircrew's warfighting skills in realistic combat situations. Airman 1st Class Mark Gumabon, 12th Aircraft Maintenance Unit, communicates with the pilot as they both run through the final preflight checklists Feb. 2. The aircraft, pilots and maintainers are from Elmendorf. Along with the Air Force, units from the Army, Navy, Marine Corps, United Kingdom and Australia are participating in Red Flag.



PHOTO BY AIRMAN NADINE BARCLAY



PHOTO BY STAFF SGT. JEREMY SMITH

Sourdough Spotlights

Quarterly award winners

3rd Wing/Team Elmendorf

SNCO
Senior Master Sgt. Larry Heers
3rd Medical Support Squadron

NCO
Staff Sgt. Steven Gardner
3rd Civil Engineer Squadron

Civilian Category II
Jack Brothers
3rd Medical Group

Civilian Category III
William Farabaugh
3rd CES

Flight
Civil Engineer Operations Flight
3rd CES

3rd Wing

Company Grade Officer
Capt. Andrew Champion
12th Fighter Squadron

Junior Enlisted Member
Senior Airman Jason Penna
3rd Equipment Maintenance Squadron

Civilian Category I
Joanie Williams
3rd MDG

Team Elmendorf

CGO
Capt. James Reeves
732nd Aircraft Maintenance Squadron

Junior Enlisted Member
Airman 1st Class
Christopher Hamley
381st Intelligence Squadron

Civilian Category I
Phuoc Do
732nd AMS

Honor Guard
Airman Rickey Mayberry
3rd Logistics Readiness Squadron

PACAF Maintenance Awards

3rd Component Maintenance Squadron
Maintenance
2005 Pacific Air Forces Maintenance Effectiveness Award

703rd Maintenance Squadron
Aircraft Maintenance (Medium Unit)
2005 Pacific Air Forces Maintenance Effectiveness Award

3rd Communications Squadron
Communications-Electrics (Large Unit)
2005 Pacific Air Forces Maintenance Effectiveness Award



2006 Uniform board results released

The 97th Air Force Uniform Board released their newest results for proper wear of the uniform.

The board met in October and discussed everything from eliminating the Air Force Good Conduct Medal to maternity uniforms.

In addition, a Headquarters Air Force badge will be available this summer. The badge provides a distinct identification of military staff members assigned to the Air Staff and the Air Force Secretariat. Details about this badge will be available at a future date.

The following changes are effective immediately:

- Approval to wear the blue nametag with the Air Force informal uniform – the member’s abbreviated rank and name will be on one line. This uniform is worn by recruiters, honor guard, enlisted aides, chaplains, chaplain assistants, world-class athletes, and fitness center and health and wellness center staffs.

- Cummerbund pleats will face up in all cases.

- If a temporary medical condition, such as chemotherapy, results in baldness, commanders will authorize the approved American Cancer Society cap, wigs or baldness while in uniform.

- Bracelet size is reduced to one-half inch. Bracelets that support a cause, philosophy, individual or group are not authorized. Traditional POW/MIA bracelets are still permit-

ted. Gemstone and tennis bracelets are only authorized while wearing the mess dress.

- Rings will be worn at the base of the finger and will not be worn on the thumb. Wedding sets count as one ring.

- Eyeglasses will not be worn around the neck, on top or back of the head or hanging on uniform.

- Epoxy blue nametag is optional on the blue shirt.

- Wear of the firefighter duty badge is authorized while an individual is assigned a 3E7X1 duty Air Force specialty code, including periods of professional military education and staff tours above group level.

- Wear of the security forces duty badge and beret is authorized while an individual is assigned a 3PXXX duty AFSC position and is also their primary AFSC, including Professional Military Education attendance and staff tours above group level.

- The Air Force Good Conduct Medal will no longer be awarded. Previously earned medals are still permitted.

- Mandatory wear of the physical training uniform is set for Oct. 1 as per the instructions released last November.

- Cell phones, pagers and personal digital assistants must be solid or covered in black, silver, dark blue or gray, and must be conservative.

They may be clipped to the left side of the waistband or purse or carried in left hand. Only one may be worn on the uniform belt. Members will not walk in uniform while using phones, radios or hands-free headsets unless required in performing official duties using a government-issued device.

- Permanent wear of the scuba badge is authorized on the battle dress uniform.

- While not deployed, desert combat uniforms may not be worn unless en route to the basic combat convoy course. “Deployed” for this purpose includes members traveling en route to/from rest and recuperative leave from the Central Command area of responsibility, as outlined in policy announced in mid-2005.

This session of the Air Force Uniform Board included a special panel that was specifically chartered to make recommendations regarding updates/revisions to uniform standards affecting female Airmen. After careful review, the board approved several changes that affect women specifically:

- “Scrunchies” are prohibited.

- Hairpins and bands must match hair color.

- Hair color, frosting and highlights will not be faddish and will match natural hair colors, i.e. blonde, brunette, natural red, black or gray.

- No shaved head or flat top hairstyles for women.

- Synthetic hair can be worn, as long as it meets safety and mission requirements.

- Braids, micro-braids and cornrows are authorized.

- Nail polish will not contrast with complexion or detract from the uniform. Nor is polish of extreme color, such as purple, gold, black, blue or any florescent color, authorized. Nail polish will also be limited to one color.

- French manicures are allowed, but fingernail length in all instances will not exceed one-quarter inch beyond the fingertip.

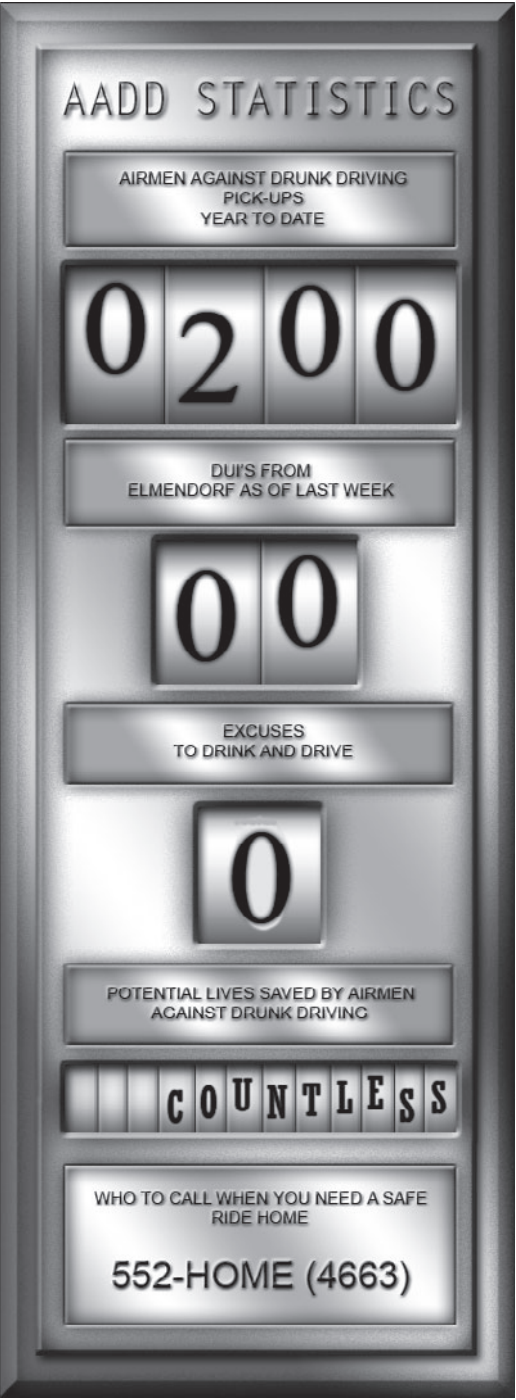
- In addition to clutch-style purses, purses with no more than two straps are authorized with mess dress.

- Earrings will be small spherical, conservative diamond, gold, white pearl or silver with any uniform combination and must be worn as a set. For those with multiple ear piercing, only one set of earrings will be worn in the lower earlobe and will also conform to these earring wear standards when performing duty in civilian clothes.

- Male flight cap is optional.

The updates will be added to Air Force Instruction 36-2903 when the new version is released in March.

(Courtesy of Air Force Print News)



Elmendorf family day
Due to the Unit Compliance Inspection, 3rd Wing members will not observe the Feb. 17 family day. Instead, the wing will observe an alternate family day on Feb. 24. Civilians are encouraged to take annual leave or use accrued compensatory time.

Volunteers needed
The Military Equal Opportunity office is seeking volunteers to serve as committee members for the Women’s History Month and the Asian/Pacific Islander Heritage Month observance committees. Committees are forming now and chairpersons are also needed.

If interested in volunteering, call the MEO office at 552-2115 or e-mail 3WG/ME@elmendorf.af.mil.

Tax Center
The Tax Center is open in the basement of the People Center. People needing tax assistance can make an appointment 8 a.m.-4 p.m. Mondays, Wednesdays and Thursdays, and 1-4 p.m. Tuesdays. Walk-in hours are 8 a.m.-noon Tuesdays and Fridays.

For more information, call 552-3058.

Elmendorf passes extended
Due to a shortage of Air Force Registered Vehicle Expiration Stickers, Elmendorf and Ft.

Richardson officials have extended the grace period for all 2005 year stickers issued by Elmendorf until Feb. 28. The pass and registration office is waiting for the shipment of its requested allocation.

For more information, call Staff Sgt. Rodrica Brown at 552-5665 or Staff Sgt. Starr Haywood at 552-5988.

Load Crew of the quarter
The Load Crew of the Quarter competition begins at 9 a.m. Feb. 17 in Hangar 5.

For more information, call 552-3746.

Tuition Assistance
Tuition Assistance cannot be issued for any course that has already started or exceeded the registration period. Students attempting to obtain their TA after the start date or registration period will be required to pay for those courses out of their own pockets.

The Education Center highly encourages students to apply for their TA at least one week prior to the start of class to avoid any delays.

For more information, call 552-3164 or stop by 4109 Bullard Ave, Suite 233.

Annual awards banquet
The 11th Air Force Annual

Awards Banquet is March 3 at the Susitna Club. Social hour begins at 6 p.m., dinner is at 6:45 p.m., followed by the awards ceremony at 8 p.m. Attire is mess dress or semi-formal for military and coat and tie for civilians. Cost for the event is: London broil \$20.10 for members and \$23.10 for nonmembers, baked cod fillet, \$18.55 for members and \$21.65 for nonmembers. The deadline to purchase tickets is Feb. 23. For more information, contact your unit first sergeant.

Airman’s Attic
The Airman’s Attic is open to all ranks 11 a.m.-3 p.m. on the first Saturday of each month. Other hours are 10 a.m.-2 p.m. Mondays and Wednesdays for senior airmen and below, Fridays for technical sergeants and below, and all ranks on the last Friday of the month. The Airman’s Attic is located at 7179 Fighter Dr. For more information, call 552-5878.

FCC Orientation
The next Family Child Care Orientation and Training takes place 9 a.m.-5 p.m. Feb. 14-17. Anyone conducting child care services in base housing for more than 10 hours per week on a regular basis must be a licensed Family Child Care provider according to

Air Force Instructions.
For more information on how to obtain certification, call 552-3995.

Nutrition classes

The 3rd Medical Group offers several nutrition classes at the Nutritional Medicine Clinic.
The classes target weight, cholesterol, blood pressure and diabetes management as well as prenatal nutrition. Individual counseling is also provided.

For more information, call the Nutritional Medicine Clinic at 580-4310.

SARC Victim Advocates

The SARC Office is currently recruiting for the next Victim Advocate training session from Feb. 27 to March 3.
Victim advocates can be active-duty members or DoD civilians.
For more information, call the SARC Office at 551-2035 or 551-2033.

Base shuttle changes

Beginning Monday, the 3rd Wing shuttle bus service will change.
The changes are:
– New shuttle bus operating hours are 6 a.m.-5 p.m. weekdays. The bus will not run holidays and family days.
– The shuttle bus stop will be moved from the closed Fitness Center to the temporary Fitness Center/People Center parking lot.
– The bus stop at the Joint

Military Mall/Commissary will be eliminated.
Any questions can be directed to vehicle operations at 552-4361 or 552-8892.
The Armed Services YMCA provides free transportation to the JMM/Commissary 7 a.m.-8 p.m. weekdays. Anyone needing a ride can call the ASYMCA at 384-3733.

AAFES limits sale of cough medicine

Dextromethorphan is a common cough-suppressing ingredient contained in more than 140 over-the-counter cough and cold medicines. When taken as directed and used properly, DXM is safe, but recent media reports and research indicate abuse of DXM is becoming more of an issue than previously thought.
Because of this, AAFES will no longer sell products which contain DXM to customers under the age of 18.
For more information, call Pam Roseveare, 552-3947, ext. 1, or e-mail Rosevearep@aafes.com.

EOSO scholarships

The Elmendorf Officers’ Spouses’ Organization is offering \$1,000 scholarships to Anchorage area high school seniors.
Applicants must be children of active-duty or retired military members with at least a 3.0 grade point average. Applications must be received by March 31 to be considered for selection. Forms are available online at www.elmendorfoso.com,

from high school counselors or the Elmendorf Family Support Center.
For more information, call 622-9332.
Base library hours
The base library is open 10 a.m.-8 p.m. Mondays-Thursdays and 10 a.m.-5 p.m. Fridays. The library is closed on weekends and federal holidays.
For more information, call 552-3787.

Free concert

The U.S. Air Force Band of the Pacific, presents The Greatlanders, at 7:30 p.m. Feb. 22 at Atwood Concert Hall, 621 West 6th Ave. in Anchorage.

Grant for military spouses

The National Military Family Association Joanne Holbrook Patton Military Spouse Scholarship Program will give a \$1,000 grant to qualified military spouses.
The application can be found on the NMFA Web site. http://www.nmfa.org/site/PageServer?pagename=Spouse_Scholarship.
The application period ends April 15.

Change of command

The 3rd Maintenance Group change of command begins at 10 a.m. Feb. 23 in Hangar 1.
Col. Amy Bouchard will relinquish command to Col. Michael Arceneaux.



Chapel Schedule

Catholic Parish
■ **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
■ **Sunday Mass:** 10:30 a.m. at Chapel 1
■ **Sunday Evening Mass:** 5 p.m. at Chapel 2
■ **Confession:** 4:30 p.m. Sundays at Chapel 2

Protestant Sunday
■ **Liturgical Service:** 9 a.m. at Chapel 2
■ **Celebration Service:** 9 a.m. at Chapel 1
■ **Gospel Service:** noon at Chapel 1
■ **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education
■ **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
■ **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Airman 1st Class Bethany Orsini

Organization and duty title: 3rd Services Squadron shift leader
Hometown: Athens, Ga.
Hobbies: Volunteering in the community and on base, reading, singing and indoor sports such as bowling, volleyball and shooting pool.
Mission contributions: Prepares and serves hot, and nutritious meals to Elmendorf members.
Time at Elmendorf: Two years
Time in the Air Force: Two years, three months
Best part about being in Alaska: All the beautiful scenery
Quote from Supervisor: “[Airman] Orsini constantly performs at a level far beyond what is expected of her.” Staff Sgt. Eddy Tompkins



PHOTO BY STAFF SGT. ALAN PORT

Tech. Sgt. Shawn Arnold

Organization and duty title: 3rd Maintenance Operations Squadron NCOIC commander’s support staff
Hometown: West Chazy, N.Y.
Hobbies: Graduate school, reading, writing, painting and any opportunity I can to get into the great outdoors.
Mission contributions: Primarily responsible for administering squadron personnel programs, also provides direct support to unit and acts as the liaison between squadron members and the military personnel flight.
Time at Elmendorf: Four years, eight months
Time in the Air Force: 11 years
Best part about being in Alaska: Last Frontier, it’s great to be in such a pristine environment where everything is so untouched and development isn’t overwhelming like in the Lower 48.
Quote from Supervisor: “Sergeant Arnold is a highly-dedicated, outstanding NCO with a ‘can-do’ attitude. He frequently goes above and beyond to take care of the Airmen of the 3rd MOS. With our manning levels, he’s often asked to take on tasks outside of his [career field] and provides quality results each and every time.” 2nd Lt. Tony Butcher

Tooth Fairy visits schools to promote healthy teeth

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Five members of Elmendorf's 3rd Dental Squadron will visit three elementary schools and one preschool this month to promote the Air Force and children's dental health.

The dental technicians and dentist will teach children about nutrition, proper brushing, flossing and fluoride during the visits.

"Studies have shown that children who have few cavities at a young age will continue to have good oral health as they mature, thereby decreasing their chances of debilitating oral disease," said Capt. (Dr.) Bradshaw Stout, 3rd DS general dentist.

The visits are a part of the National Children's Dental Health Month. The students watch cartoons about proper brushing and flossing, are given demonstrations and receive goody bags during the visits.

Staff Sgt. Mary Neffle, 3rd DS preventive dentistry NCOIC, said during the demonstrations one of the technicians will dress up as the Tooth Fairy and demonstrate how



PHOTO BY SENIOR AIRMAN GARRETT HOTHAN

The Tooth Fairy, aka Staff Sgt. Mary Neffle, 3rd Dental Squadron, watches a dental hygiene cartoon with the kindergartners and first graders at Orion Elementary School Feb. 2.

to properly brush using a model of teeth.

The children will be encouraged to ask the dentist or technician questions.

"The question and answer period is probably the most important part. It gives the children an opportunity to participate in a controlled discussion," Sergeant Neffle said.

Going to the schools annually is one way the 3rd Dental Squadron fosters a relationship between the civilian community and Air Force members, according to Captain Stout.

"It is important for us to reach out and be an active part of the community," said the dentist. "It is the young [children who] are at a

crucial time in their development. A prevention mindset is most valuable if adopted early in life. Healthy habits formed early will continue throughout life."

The doctor suggests parents begin instilling those habits in their child even before they have teeth.

"Before the first teeth break through, parents should wipe their infant's gums and tongue gently after meals with a clean, damp, and warm washcloth," he said. "Active parental supervision should continue at least through age 8 to ensure the complete removal of dental plaque."

A child should visit the dentist when all of the primary teeth have come in at approximately 3 years old or sooner if cavities are forming, the doctor added.

Besides going to the schools, the 3rd DS staff is supporting African-American Heritage Month activities 10 a.m.-3 p.m. Saturday at the Joint Military Mall. They are also participating in the 3rd Mission Support Squadron's Family Member Programs lunch meetings 11:45 a.m.-12:30 p.m. Feb. 21-23 for parents interested in the dental health of their children.



Did you recently arrive at Elmendorf? Did you receive an award? Did you complete Professional Military Education? If so, let people back home know about it. Fill out the Hometown News Release form, online at <https://hn.afnews.af.mil/web-pages/paperless/46790/46790-3WGELMENDORFAFB.html>.

Respect earned, respect given



PHOTOS BY SENIOR AIRMAN JARED MARQUIS

Clockwise from above: Senior Airman Thomas Alvin, 3rd Medical Operations Squadron, focuses on firing party training. Members of the base honor guard firing party practice. Senior Airman Greg Modd, 3rd Mission Support Squadron, shows the casket carrying party the proper technique. Members of the casket carrying party practice folding the American flag.

By Senior Airman Jared Marquis
3rd Wing Public Affairs

One of the benefits of military service is to be buried with honor. The Airmen responsible for providing those honors in this area is the Elmendorf Honor Guard.

The Elmendorf Honor Guard is made up of approximately 50 volunteers. The Airmen provide the highest level of military bearing and professionalism for every ceremonial request in an area of responsibility that covers the southern half of Alaska and extends into Canada.

According to Staff Sgt. Brian Jensen, 962nd Airborne Air Control Squadron and head trainer for the Elmendorf Honor Guard, joining the honor guard is no walk in the park.

"Everything we do is different from what [volunteers] learned in basic training," said Sergeant Jensen. "We have to re-teach them everything."

He added that not everyone is cut out for the honor guard team.

"We usually have one or two people drop out before the week-long training is over," he said.

In addition, the honor guard members evaluate prospective members, to see if they have what it takes. If they don't, they don't make it.

Sergeant Jensen said once Arctic Warriors have completed the training and have been evaluated, they start attending the weekly practices. It is here they learn to perform the duties required of honor guard members. They prac-

tice color guard, 21-gun salute, casket carrying and flag folding.

There are a couple of perks, besides the opportunity to give proper honors to military members, he said.

Members receive free honor guard uniforms, free dry cleaning and an Air Force Achievement Medal after 12 months of service and practice requirements.

Senior Airman Thomas Alvin, 3rd Medical Operations Squadron, said he joined to honor fallen servicemembers.

"I was deployed to Balad (Iraq) and saw what the honor guard did for fallen servicemembers, it really touched my heart, this is a way for me to pay my respects," Airman Alvin said.

He also had some advice for anyone interested in joining the honor guard.

"Do it for the pride and passion, not for the bullet," he said.

According to Sergeant Jensen, anyone interested in joining the base honor guard can download and print the application from the honor guard Web site.

Then, they fill it out, and have their commander and first sergeant sign it. Once they've turned in their application, they are scheduled for the next week-long training session.

The next training session is in March.

For more information, or to download an application, visit http://www.elmendorfservices.com/Pages/Honor%20Guard/honor_guard.htm.



Elmendorf joins International forces at Cope Tiger

By Senior Airman Jared Marquis
3rd Wing Public Affairs

Arctic Warriors helped units get connected for Cope Tiger 2006 at Korat Royal Thai Air Force Base, Thailand.

Cope Tiger is an annual, multilateral large force exercise conducted in the Asia-Pacific region 110 miles northeast of Bangkok.

In addition to the 3rd Communications Squadron, members of the 962nd Airborne Air Control Squadron are there to provide command and control of the exercise's airspace and aircraft.

Third Operations Support Squadron Intelligence members are also helping with the exercise.

According to Lt. Col. Michael Convertino, 3rd Communications Squadron commander, the members of the 3rd CS are there

to provide joint and international partners a full spectrum of communications support from high bandwidth satellite to home base handheld radios, and basic network and phone services during Cope Tiger.

He said that this was made easier due to recent equipment upgrades.

"Recently, we've switched out from an older model satellite terminal that took approximately 10 pallets worth of airlift to ship, to one with the same capabilities that only takes two pallet positions to move and weighs 10 times less," said Colonel Convertino. "This makes us more mobile and able to stick close to our flying units in order to give them the sort of (communications) they are used to."

Setting up the communications for Cope Tiger was challenging. More than 1,700 people are participating, including approxi-

mately 700 U.S. servicemembers and 1,000 servicemembers from Thailand and Singapore.

Arctic Warriors, who left Alaska's 18 degrees below zero temperatures to work in those in excess of 100 degrees, installed more than 1 1/2 miles of wire, issued 38 Land Mobile Radios, two UHF radios for the air boss and installed 32 DSN phones and 36 NIPR drops to five different locations, in getting communications up for the exercise.

Cope Tiger is a multilateral joint/combined command post, field training, and a humanitarian/civic assistance exercise.

It improves Thai/U.S./Singapore combined readiness and interoperability, reinforces U.S. Pacific Command goals for the Southeast Asian region, and demonstrates the capability to project forces strategically in a combined joint multilateral environment.



PHOTOS BY TECH. SGT. KEITH BROWN

Clockwise from left: Members of the 703rd Aircraft Maintenance Squadron do post-flight maintenance on an E-3 Airborne Warning and Control System at Korat Royal Air Force Base, Thailand. The AWACS is from 962nd Airborne Air Control Squadron. Both the Airmen and the aircraft are deployed from Elmendorf for Cope Tiger 2006.

Senior Airman Michael Boudet, 3rd Communications Squadron, deployed from Elmendorf, watches for 'hits' on a spectrum analyzer that indicate his USC-60 satellite receiver has made contact with the satellite to transmit all communications for the exercise.

Staff Sgt. Keith Parks, a crew chief from the 703rd AMXS, marshals an E-3 AWACS to its parking space. Senior Master Sgt. Frank Murphy, 3rd CS, discusses with a Thai contractor the electrical requirement for equipment which will provide phones and Internet for members participating in Cope Tiger.

Senior Airman Amber Adams, 3rd CS, adjusts the direction of an International Maritime Satellite terminal while preparing for Cope Tiger. Airman Adams, and 18 other members of the Pacific Initial Communications Package are working in temperatures over 100 degrees warmer than what they left Tuesday in Alaska, where it was 18 degrees below zero. Cover: Staff Sgt. Brian Foster, 703rd AMXS, stays hydrated while working on an E-3 AWACS.



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



MUSIK GARTEN Early Childhood Music Classes

Eight-week sessions for \$30 per month

Seasons for Preschool ages 3-5
9:30-10:05 a.m.
Tuesday

Family Music for Toddlers
10:15-10:45 a.m.
Tuesday or Thursday

Family Music for Babies
9:30-10 a.m.
Thursday

Each session consists of eight classes plus one make-up and a home music packet

Arctic Oasis Community Center, 552-8529



Save 20 percent on ice fishing gear rentals throughout February at Equipment Rental

Located inside Outdoor Recreation
They also carry tackle, bait and fishing licenses



Win Cash and Prizes on the 3rd Services Website

1. Surf the website to find hidden prizes.
2. Once found, call CHIP'S Information Line, 552-8990, push "3" for the Comment Line.
3. Leave your name, phone number and the exact location of the hidden prize.
4. The person who calls first wins! Only the winner will be contacted.

www.elmendorfservices.com

Advanced Private Pilot Ground School

Register Feb. 27-March 3

The two-weekend course takes place
Fri. 6-9 p.m., Sat. and Sun. 9 a.m.-5 p.m.
March 3-5 and 10-12
\$350 plus \$255 course kit

Instrument Ground School

Register Feb. 27-March 3

The eight-week course takes place
Tue. and Thu. 6-9 p.m.
March 14-May 4
\$420 plus \$280 course kit

Elmendorf Aero Club

Hangar 7, Bldg. 10286
753-4167
8 a.m.-5 p.m.
weekdays
www.elmendorfservices.com

Today

Snowmachine Trip 5 p.m., Hillberg Ski Area, 552-4527

Pre-Teen Dance 6-8 p.m., \$5, Youth Center, 552-2266

Bird Feeders with Your Child 3:30-4:30 p.m., for children currently enrolled in the Child Development Center, Sitka CDC, 552-6403

Social Hour "Taco Bar" 5-6 p.m., club members enjoy free food, adults only, Kashim Lounge, 753-6131, and The Cave, 753-3131

"Warm Up Anchorage" 6-8 p.m., learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012

RC (Rajun Cajun DJ) 9 p.m.-3 a.m., 18 and older, Kashim Lounge, 753-6131

Southern Barbecue Buffet 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, 5 and under free, Susitna Café, 753-3131

Saturday

DJ, House Band and Valentine Theme 7:30-11:30 p.m. at The Cave, ages 13-18, \$3 Youth Center members, \$5 nonmembers, for details call the Teen Center, 753-2371

Kids Corner "Playing in Clay" 1-3 p.m., ages 3-10, Arts & Crafts Center, 552-7012

Xtreme Bowling 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108

Hip Hop and Jazz Classes 10-11 a.m., ages 4-18, Arctic Oasis, 552-8529

Karaoke 9 p.m., adults only, Kashim Lounge, 753-6131

Winterfest noon-7 p.m., games, food, drinks, prizes and fun for the whole family, Hillberg Lodge, 552-4838

Sweetheart Dinner Special 5:30-8:30 p.m., \$16 *Members First* price, \$19 regular price, 1 pound of snow crab or a half pound of snow crab with 8 ounce top sirloin, dinner buffet with steamship round and halibut is available with buffet pricing, Susitna Café, 753-3131

Sunday

Beginner Cross-Country Ski Lessons 1 p.m., \$5 or free if skis are purchased or rented for the season, Outdoor Recreation, 552-2023

Sweetheart Brunch 10:30 a.m.-2 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, 5 and under free, senior airmen and below receive a 25 percent discount with their club card, Susitna Café, 753-3131

Family Craft Time "Working in Clay - Create 'n Paint" 5:30-7:30 p.m. today and Feb. 23, \$15, class size limited, Arts & Crafts Center, 552-7012

Ski Trip to Alyeska 8 a.m.-7 p.m., \$49 with equipment rental from the Outdoor Adventure Program, \$37 without equipment, \$10 transportation only, Information, Tickets & Travel, 753-2378

Snowmachine Trips noon, 3 p.m. and 6 p.m., Hillberg Ski Area, 552-4838

Monday

E-4 and Below Special 5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, their family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

Web Design Contest through Feb. 17 at The Cave, contact the Teen Center for details, 753-2371

Tuesday

Bowler Appreciation Night 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Wednesday

Ceramics "Using Fashion Hues" 6:30-9 p.m., \$25, Arts & Crafts Center, 552-7012

Lunch and Learn "Dental Hygiene for Young Children" 11:45 a.m.-12:30 p.m., Sitka CDC, 552-6403

Intro to Framing 5:30-9:30 p.m., \$45, bring 8.5- by 11-inch picture or smaller, limited to five people, Arts & Crafts Center, 552-7012

Ceramic Molds Sale until Feb. 28, Arts & Crafts Center, 552-7012

Thursday

Mongolian Barbecue 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, \$4.50 for children 6-10, 5 and under free, Susitna Café, 753-3131

Red Pin Bowling 5-9 p.m., get a red headpin strike and receive a free game, Polar Bowl, 552-4108

Couple's Night 5-9 p.m., couples receive a complimentary lift ticket with the purchase of an \$8 all-hill lift ticket, both parties must be present at the time of purchase, Hillberg Ski Area, 552-4838

Homeschool Program II

"Painting" 2-4 p.m. also Feb. 23, March 2, 9, 16 and 30, \$90, learn brush strokes, shading and characterization on wood, ceramics and canvas, ages 5-15, Arts & Crafts Center, 552-7012

Feb. 17

Bird Feeders with Your Child 3:30-4:30 p.m., for currently enrolled children, Sitka CDC, 552-6403

"Warm Up Anchorage" 6-8 p.m., learn to crochet and then donate crochet squares to local shelters, Arts & Crafts Center, 552-7012

Beginner Crochet 6-8 p.m., also Feb. 24, \$35, bring yarn and needle, Arts & Crafts Center, 552-7012

Celebrate Black History Month 4:30-5:30 p.m., children participate in a quiz bowl, perform songs, poems and portrayals, School Age Program, 552-5091

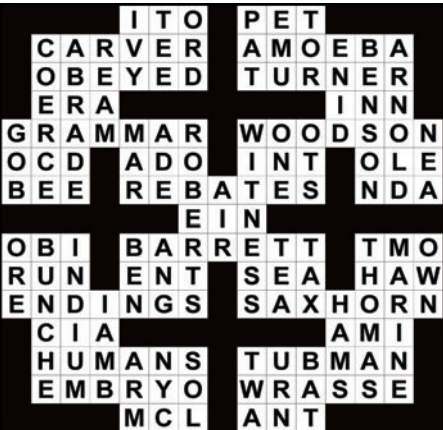
Southern Barbecue Buffet 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, 5 and under free, Susitna Café 753-3131

Air Force 101 – Core Values

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

Across

1. Church bench
4. Obese
7. JDs, possibly
10. Mocks
12. One time Supreme Court nominee Harriet
14. Shingle
15. Badger
16. Pushes
17. Wickedness
18. Wearing away
20. Readily
21. Sounds off
22. State home to Arnold AFB
23. Reversed
26. Adores
27. Compact ____
28. Capital of state home to Malmstrom AFB
31. Start of fundamental value

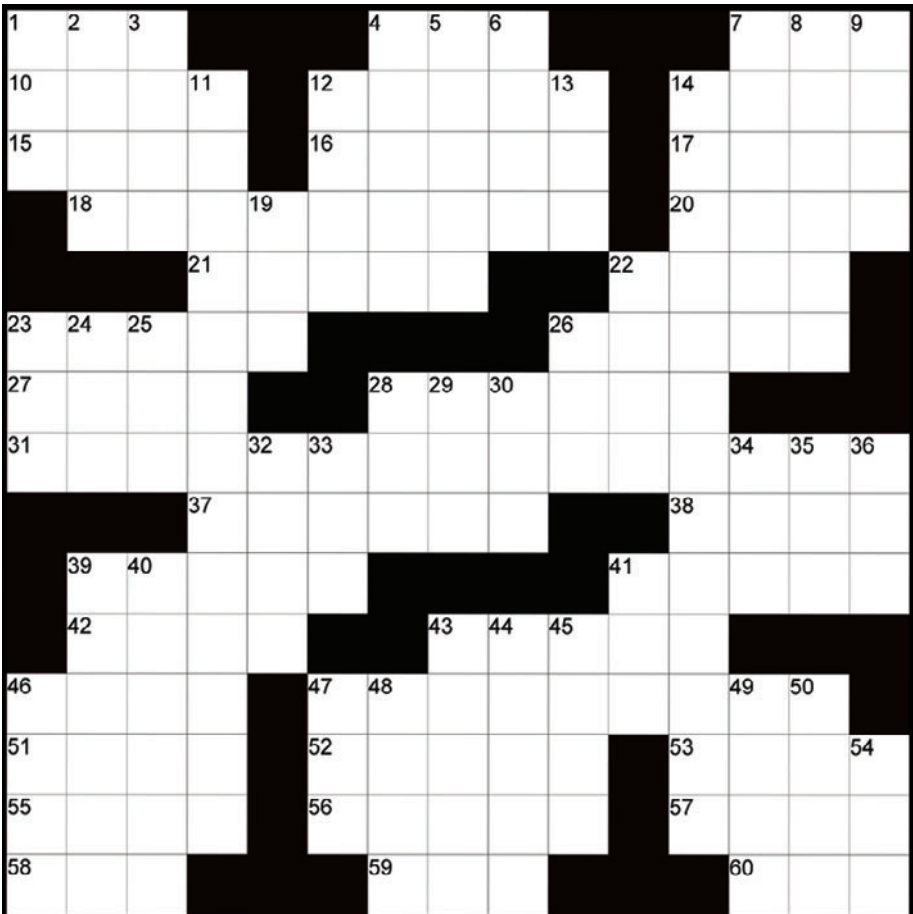


Feb. 3 solutions

- binding all Airmen
37. Hit
38. Joy
39. Perpendicular
41. Uplands
42. Fishhook
43. Overindulge
46. “____ - ____ - War”
47. Start of fundamental value binding all Airmen
51. Celebrity
52. More terrible consequences
53. Slant
55. Actress Russo
56. Ratio
57. Dorothy’s pet
58. “Greater good” ad
59. Modem speed, in short
60. Trespass

Down

1. Golf score
2. Historic
3. End of 31 Across
4. End of 47 Across
5. Navy cruiser
6. Palm product
7. Holy
8. 1986 Sci-Fi movie
9. End of 11 Down
11. Start of fundamental value binding all Airmen
12. Elementary particle
13. Mil. identifier
14. Pat Robertson or Jimmy Swaggart
19. Primary color
22. Singer Braxton



23. Ulan-____; Southern Russia city
24. ____ the plan; veto
25. USAF medal above Airman’s Medal
26. Confederate general
28. Chick
29. 67 degrees 30 east of due north, in short
30. Display panel
32. Page
33. On the ____; escaping
34. USAF PME
35. Grassland
36. Mil. pay statement
39. Impure quartz stones
40. Fruit
41. Russian space station
43. Belt
44. Shrugs off
45. Shrek
46. Car lot price, in short
47. CACs
48. Cut
49. Boxing outcomes
50. Abominable snowman
54. Korean currency

SPORTS PAGE

Base members learn Key Chain Self Defense

By Senior Airman Jared Marquis
3rd Wing Public Affairs

The jingling of keys echoed throughout the Elmendorf Youth Center Gym Saturday, as base members learned to defend themselves with a key chain.

Eighteen people attended the two-hour self defense class, and learned what to do in case they are attacked.

The class learned how to use the Kubaton, which is attached as a keychain, to slash, penetrate, strike and scrape a possible attacker.

The class was taught by Greg Boliard, a Tang Soo do Grand Master from Michigan.

He was in Alaska to test students of his federation for the next martial arts belt in his federation.

Mr. Boliard spent Saturday afternoon teaching students how to use the metallic six-inch Kubaton, in the event they are attacked.

"The purpose of the class was to give people an awareness that there is a device that they can use for self protection, that is easy to carry, concealable, light, maneuverable and manipulative," said Mr. Boliard.

"The Kubaton anchors the techniques that martial artists use," he said.

He added that because of that, not only is it a favored weapon of martial artists, but a great protection tool for women.

"And, you don't have to be a martial artist to use it," said Mr. Boliard.

He first showed the students a technique, then gave them time to practice the technique with a partner. Mr. Boliard showed the class how to neutralize an attacker, using everything from frontal attacks to attacks from behind.

He said that not only does it give them the tools to defend themselves, it gives them more comfort in an uncomfortable situation.

Suzanne Heckman, who took the class with her 14-year-old daughter Cecilia, agreed with Mr. Boliard.

"I learned quite a



PHOTOS BY SENIOR AIRMAN GARRETT HOTHAN

Ray Florez (right), Tang Soo Do student, practices Key Chain Self Defense techniques on Master Instructor Brian Crawford. He learned the techniques in a class Saturday.

bit," she said. "I work at the mall, and I will feel a lot more comfortable going to and from work in the dark parking lot."

According to Mr. Boliard, this echoes the feedback he's received from students.

"I have had many students tell me that it is a great clinic, and they have a whole new appreciation for the Kubaton. They've told me they are confident in using it if they have to,"

he said.

Mr. Boliard said confidence is the major benefit to any martial arts program.

"Martial arts is not just about teaching people to fight. It teaches them self discipline, self respect and it is a confidence builder," he said.

While Mr. Boliard returned to Michigan, Elmendorf offers Tang Soo Do classes on Tuesday and Thursday nights.



Students practice defending themselves with a keychain.

Sport Shorts

Hillberg Ski Area

Hillberg is open for skiing and snowboarding. Conditions are good with hard packed, groomed trails.

In addition, the snowmachine trails are now open.

For information, call 552-4838.

Beginner cross-country ski lessons

Outdoor Recreation sponsors beginner ski lessons at 1 p.m. every Sunday. The lessons cost \$5 or are free with the purchase or season rental of skis.

For more information, call Outdoor Recreation at 552-2023.

Military hockey tournament

The 7th Annual Alaska Military Hockey Tournament is scheduled for Feb. 17-19 at the Tesoro Sports Center.

The event is sponsored by the North American Aerospace Defense Command's Canadian Forces Hockey Team.

For more information, e-mail Dan

Lien at dan.x.lien@gsk.com or call 250-1712.

Hip Hop and Jazz classes

The Arctic Oasis sponsors Hip Hop and Jazz classes from 10-11 a.m. every Saturday. Participants must be ages 4-18.

For more information, call 552-8529.

Black Sheep Bowmen Archery Club

Black Sheep Bowmen Archery Club holds target leagues at 7 p.m. every Thursday night through March.

The range is located at Bldg. 7271 at Gibson Ave. Cost is \$6. Leagues are open to everybody.

The club will also be holding a 3D archery shoot Sunday at the 3D archery range at Six-Mile Lake. It is open to everyone. The cost is \$10 for non-members, \$8 for members.

Registration is at 9 a.m. and competition begins at 10 a.m.

For more information, call 753-1855 or visit www.black-sheeparchery.com.



Volunteers are needed to serve as ski buddies for Special Olympics at the Hilltop Ski Area. The practices are every Saturday until the event, March 10-12. For more information, call the Special Olympics coordinator at 351-3195.



PHOTO BY STAFF SGT. LARA GALE

Super Bowl, deployed style

Airmen and Soldiers deployed to Manas Air Base, Kyrgyzstan, take turns in a football toss contest during Super Bowl halftime, racking up points for a portable DVD player. The Airmen are with the 376th Air Expeditionary Wing.